

ROBERT IRVINE

MAGAZINE

SUMMER 2023

NOTHING IS IMPOSSIBLE



**KATIE
LINENDOLL**
USING THE POWER
OF MUSIC TO HELP
OUR VETERANS

ROBERT IRVINE MAGAZINE

NOTHING IS IMPOSSIBLE

FOUNDER AND PUBLISHER

Robert Irvine

VP, CONTENT & COMMUNICATIONS

Matt Tuthill

CREATIVE CONSULTANT

Sean Otto

SENIOR WRITERS

Gail Kim-Irvine, Katie Linendoll, SJ McShane, Jay Johnson
Heather Quinlan, Michael Schutz, MD, Steve Wrona, C.S.C.S.

CULINARY EDITORS

Shane Cash, Brian Goodman, Darryl Moiles

CONTRIBUTORS

Jay Cardiello, Ryan Coyne, Amber Day, Mike Geremia,
Leah Jantzen, David Jester, Mike Simone, Brittinie Wick

For advertising inquiries, contact Matt Tuthill, matt@chefirvine.com

For general comments, contact him on Twitter, [@MCTuthill](https://twitter.com/MCTuthill)

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Contact the publisher at media@chefirvine.com.

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BUSINESS and MARKETING

CHIEF OPERATING OFFICER

Justin Leonard

VP, FINANCE & MARKETING

Joshua Lingenfelter

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Katie Linendoll

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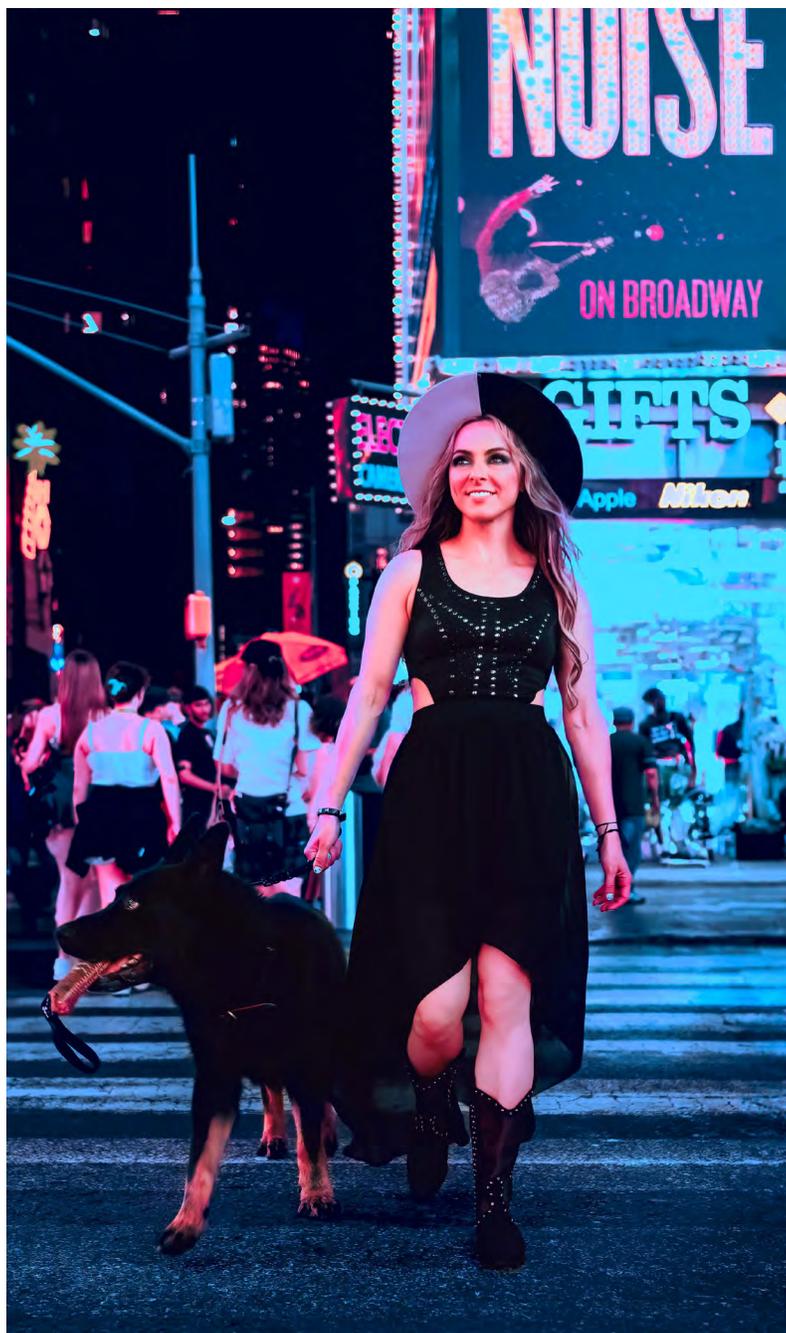
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Cover subject Katie Linendoll out for a stroll with K-9 Mattis, a retired police dog and now a well-known public figure. It's a whole thing. Just click [HERE](#).

DON'T FENCE ME IN

Cover subject Katie Linendoll defies convention in every way imaginable.

Of all the *Robert Irvine Magazine* cover subjects since its inception in 2016, I can't think of a more unique path than the one taken by the wonderful woman gracing the cover of this issue. We introduced Katie Linendoll—and all her tech expertise and advocacy for girls in STEM—back in March 2017. You may remember that as our special Arnold Schwarzenegger issue. I certainly do.

But from originally being an interview subject, Katie went on to become a contributing editor, which began during the early part of COVID in 2020, with her favorite family recipes, and culminated with her fantastic cover story on country star Chase Rice in the summer of 2021.

Now it's the summer of 2023, and Katie is back, this time for a much-deserved cover feature. You see, in all this time, Katie's music career has blossomed, and incredibly, she came to us and offered the proceeds from her single "Your Hands"—which is a brilliant treatise on the all-American man with strong overtones that resonate particularly with



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ROBERT'S LETTER

veterans—to the Robert Irvine Foundation. Of particular interest to Katie: she wanted to raise money to provide iBots—specialized wheelchairs that allow the user to elevate to eye level and truly be part of a conversation in a room full of people—to disabled veterans in need.

I said yes, of course, because I'm no fool. But even for an offer as generous as the one Katie made, she's gone above and beyond in ways I couldn't even imagine, chief amongst them being landing a segment on Fox & Friends for their special outdoor 4th of July program, and performing "Your Hands" live, with a lengthy interview beforehand that introduced viewers to The Robert Irvine Foundation and demonstrated the uncanny technical capabilities of the iBot.

Perhaps what I find most amazing about all of this is Katie doesn't ask for anything in return. She was simply energized by what she saw happening within our foundation, asked to pitch in, and went after it with zeal. The way she does with everything.

In our cover story beginning on Pg. 17, you'll read that it could be argued that Katie has perhaps spread herself too thin from a branding standpoint. I get the argument. How do you introduce someone like Katie? As a tech expert? Country singer? Patriotic



Katie has contributed her considerable talents to Robert Irvine Magazine over the past few years. She has now turned her attention to raising money for The Robert Irvine Foundation with her new single, "Your Hands".

philanthropist?

How about all the above, attention spans and simplified branding be damned?

It's what I would do. It's what I've done. You know me: the patriotic philanthropist/celebrity chef/fitness guru/craft distiller/entrepreneur/etc/etc...

I think that's why I'm so excited to have Katie on the cover. Most crucially, we both care deeply about America's veterans, but on another level, we're kindred spirits who chased our passions and politely declined all the conventional "wisdom" about branding and market positioning and all that crap. (Did I mention she's a fitness enthusiast on top of everything else?)

We've all only got one life to live. I believe in living that life by being unapologetically myself every single day. Katie does too. I hope you read her story and take some inspiration from it into your own life. I know I have.

Enjoy the issue and remember the words I live by...

Nothing is impossible.

Limitless Possibilities



For over 100 years, Easterseals has been the indispensable resource for children, adults, families and veterans living and thriving with disabilities and special needs in the region. Help strengthen our community and make a positive difference in people's lives with Limitless Possibilities. Donate today:



donate.eseal.org



TRAINING: PRO TIPS

YOU'RE ONLY AS GOOD AS YOUR WARMUP

It's that important. Really.

BY STEVE WRONA, C.S.C.S., CPT

A proper warmup before weight training delivers myriad benefits. From increasing blood flow and oxygen delivery to working muscles, to improving functional mobility and firing up the central nervous system to better coordinate movements, there are many reasons not to skip out on this part of your workout. If that wasn't enough, a good dynamic warmup prior to exercise will also reduce your risk of injury and simply have you feeling much better as you begin strength training.

With such great benefits, it's a wonder to me why so many people skip the warmup and dive right into weightlifting without any movement prep. At best, I see people give a lazy 5 minutes on a treadmill, stationary bike, or elliptical before they proceed



You can't hope to perform at your best, much less avoid injury and remain consistent, without regularly employing a proper dynamic warmup. In this article, Robert's personal trainer Steve Wrona will explain—and demonstrate—exactly what you need to do.

to the gym floor and pretend they've "warmed up". Don't get me wrong; I think a general warmup is a great first step. In fact, I recommend 5 minutes of light to

moderate aerobic activity to get the heart rate up and the blood pumping before beginning a dynamic warmup; but if you're only doing a light general warmup and

TRAINING: PRO TIPS

neglecting dynamic stretching, you're missing out on a lot of the benefits that come with a proper warmup protocol. Personally, I like to do 5 to 10 minutes on a treadmill followed by 10 minutes of dynamic stretching before I lift weights. This practice has helped me prevent injury, maintain and improve mobility, and feel a whole lot better during my workouts.

I don't think most people neglect dynamic stretching because they don't want to do it. I don't even think it's laziness (though of course sometimes it is). In my opinion, the main reason I don't

see many people in the gym doing a proper warmup is because they are probably uneducated on how beneficial this practice is and even if they did want to do a good warmup they wouldn't know where to begin or what techniques to implement to make it effective.

So, what is a dynamic warmup and how do you get comfortable enough doing one so that you can see the benefits in your training? A dynamic warmup entails moving the joints and muscles through full ranges of motion with various stretching exercises that increase the pliability of the muscle tissue

by bringing blood flow into the area while increasing range of motion in the joints. During these stretching exercises, your goal is not to hold the stretch for a period of time (like you would with static stretching) but to move through the stretch for a number of repetitions.

A good dynamic warmup that prepares the body for any workout moves through all major joints and muscles in the body, and shouldn't take much more than 10 minutes to complete. When you become more well-versed with dynamic stretching and mobility



Downward dog (above) to cobra (inset) is a great way to warmup flexion and extension of the spine, simultaneously loosening up the hamstrings and calves. Images by Kelly Nielson

TRAINING: PRO TIPS

techniques you can begin to tailor the warmup to mostly include just the muscle groups you are training in the workout to follow.

For example, an upper body workout might be preceded by a dynamic warmup focused mainly on shoulder and t-spine mobility, whereas you may do more hip specific work prior to a lower body workout. I prefer to do a full-body dynamic warmup every time I work out, regardless of what muscle groups I am training that day. Typically, I like to follow a similar stretching routine for a month or so before I change it up and begin implementing and experimenting with new techniques. I also find benefit in mobilizing all my joints most days of the week. I find when my legs are sore, the dynamic hip stretches help with recovery and I like to do them even if I am working just upper body that day. I find the same to be true of the upper body and

I like to warmup my shoulders and t-spine even when my focus involves legs or even just cardio that day. The more you implement these techniques on a regular basis the better your joints will feel and the more likely you are to see improvements in mobility while avoiding nagging joint pain.

Now that you understand what a dynamic warmup is and how beneficial it can be, let's discuss a sample full-body dynamic warmup from start to finish so you can begin reaping the benefits of this essential practice every time you work out. The goal is to systematically move through all the main joints in the body, spending extra time and care on any area that feels particularly tight. I like to choose some movements that tackle more than one joint at a time such as the "World's Greatest Stretch" which stretches the hips while simultaneously rotating the torso and opening mobility

through the spine and shoulders. The fewer movements we can do while still accomplishing the task of warming up the entire body the better, as it will save us time by consolidating our warmup so that we can spend more time lifting weights. A dynamic warmup that I use with many of my clients as a good introduction to these movements is as follows:

1. Downward Dog to Cobra
2. World's Greatest Stretch
3. Lunge Plus Rotation
4. Adductor Rock-back
5. 90/90 Hip Rotation
6. Band Pass-through
7. Band Pull-apart

Starting with Downward Dog to Cobra is a great way to warmup flexion and extension of the spine while also stretching the hamstrings and calves. Downward Dog also helps prime the shoulders and upper back for overhead



Above, Wrona demonstrates "The World's Greatest Stretch" through all three phases.

TRAINING: PRO TIPS



The lunge-plus-rotation primes the muscles and joints and opens the front of the hips.

movements. Cobra stretches the front side of the body with a focus on the hip flexors and abs. To begin this two-stretch combo, start in pushup position and tuck your head between your arms while lifting your hips up into the air with your legs straight. Try to keep your heels down to enhance the stretch through the calves. This is downward dog. Return to pushup position and drop your hips to the floor. Keeping your arms straight, arch your back and look straight up towards the ceiling while squeezing your glutes

tight to prevent excessive lumbar flexion and enhance the stretch through the front of the hips. This is Cobra. I recommend flowing back and forth between these two stretches for 5 reps apiece, holding each one for only a few seconds.

Next, we have **“The World’s Greatest Stretch”**. I think this stretch was named the greatest simply because it is a multi-purpose stretch that tackles a few different areas at once. I don’t think it hits everything, but it certainly checks a few boxes. Starting in pushup position, step one foot

to the outside of the hand on the same side. Pick up the hand that’s next to your foot and bend your arm dropping the elbow towards the heel of your foot. Once you’ve gone as low as you can, rotate your torso and reach that arm straight up towards the ceiling while pressing your other arm straight into the floor. I like to repeat this movement on each side at least 5 times per side. You can choose if you want to stay on one side for multiple reps in a row or if you want to alternate between sides each rep. To save time I pre-

TRAINING: PRO TIPS



fer to complete all the reps on one side before transitioning to the other side.

The lunge-plus-rotation primes the muscles and joints in a similar way to “World’s Greatest Stretch”. The focus is to continue to reinforce rotation through the spine and open the front of the hips. To perform this movement, hold the arms out in front of the body and step into a forward lunge. As you come to the bottom of the lunge, rotate your arms, torso, and head towards the side that you stepped out on. Repeat at least 5 times per side before moving to the next stretch.

The next stretch is the **adductor rock-back** which helps loosen up the inner thighs and groin by focusing on one side at a time. To begin, start on all fours with one leg straight and out to the side of the body. From the starting position, begin by rocking forward and dropping the hips towards the floor, then push the hips back bringing your butt back towards the heel of the leg that’s bent. You should feel a big stretch on the inside of the leg that is straight as you go through this movement 5 or more times on each side.

The last of the lower body stretches I like to include focuses on rotation of the hips. 90/90 hip rotation starts seated on your butt with your legs open and bent at 90-degree angles at the hip, knee, and ankle. You can have your hands on the floor behind you for support, or if you are flexible, you may be able to sit upright, keeping your hands off the floor throughout the entire movement. Start by shifting your knees down towards the floor on one side while maintaining the same 90-degree angles in your joints. When your legs reach the floor, the next step is to follow through by leaning your chest and torso over the shin of your lead leg. This position puts a stretch on the musculature of the whole hip with a different stretch being placed on each leg. Once you’ve gone deep into the stretch, return to the starting position and repeat on the other side without holding the end position for too long (only a few seconds).

The adductor rock back through all three phases. This provides a big stretch for your adductors—the muscles on the insides of your thighs.

TRAINING: PRO TIPS



Above: The band pass-through. At the bottom of the page, the band pull-apart.

Repeat 5 or more times on each side.

Moving into the upper body, a great stretch for shoulder mobility and upper back extension is the **band pass-through**. Holding a band with a wider-than-shoulder-width grip in front of your chest, raise your arms up and over the top of your head. Squeeze your shoulder blades together as you draw the band back behind your body, making a full circle with your shoulder joints. Reverse this movement and bring the band back to the starting position in front of your chest before repeating. I like to do these 5 to 10 times trying to keep a nice athletic base of support and without flaring my rib cage as I go through the movement. Note that if you use a heavy band, your hands will need to be further apart, and if you use a light band, your hands may start at shoulder width apart or even closer.

The final stretch in this series of dynamic movements is an underhand **band pull-apart**. This movement warms up the shoul-

ders' capacity for external rotation and helps pull the shoulders back into good posture. Standing with an underhand grip on a band with your hands about shoulder width apart and the elbows tight to your sides, pull the band apart until your shoulders reach their end range of motion, your shoulder blades are squeezed tight together, and the band is stretched tightly across your belly. Repeat 5-15 times and you've completed your full-body dynamic warmup!

There are many other dynamic stretches to learn and so many creative ways to implement these techniques as a warmup or even in between sets of strength training

during your workouts. For now, I would recommend mastering these movements and practicing them every time you work out. Once you can do this in 10 minutes or less and have gotten comfortable with all the movements you can begin to explore new dynamic stretches and mobility techniques and start mixing and matching your favorite or most effective ones before you work out.

All photos (except the opening image) are by Kelly Nielson.

Steve Wrona is a Tampa, FL-based personal trainer whose newest client is our very own Robert Irvine. Follow him on [Twitter](#) and [Instagram](#).



PRODUCT SPOTLIGHT

YES, CHEF

Would you cook a steak in your air fryer? How about a lobster tail? The Dreo ChefMaker is so good it might make you say yes.



Patented combi-cook technology cooks all sides evenly, heating up quickly to sear the entire piece of meat or fish to lock in juices, then slowly adjusting temperature to achieve desired doneness. Learn more at the link to the right.

The latest kitchen innovation from Dreo—a company that first caught our attention two years ago—is so much more than an air fryer—it’s almost intimidating. Because whatever your favorite meal might be, and however much you might’ve honed your skills, however much pride you may take in making a restaurant-quality version of that dish at home, well... from now on, you’re gonna be awfully tempted to skip all that and just throw it in the ChefMaker. The result of two years of research and development, the Dreo ChefMaker uses combi-cook technology to achieve perfect temperature control and achieve previously unheard of feats for a countertop cooking appliance: things like delectable, caramelized seals on steaks—while maintaining a perfectly juice medium-rare on the inside. Yes, the ChefMaker can do everything a regular air fryer can do—elevating party food like wings, mozzarella sticks, and the like—but its talent is practically wasted on such pedestrian efforts. Nah, give it a real test, like salmon or lobster tail. You’re going to be seriously impressed. And when the sum total of your cleanup entails nothing more than dropping the cooking drawer into your dishwasher? You’re going to become a true believer, evangelizing to the skeptics.

Shop at DREO.com

IN THE KITCHEN: RECIPE



SEARED SALMON OVER RISOTTO-STYLE POTATOES

Learn to sear fish like a pro. This amazing dish is just one of the perks.

YOU'LL NEED

1 qt chicken broth
¾ cup grapeseed oil
1 large red onion, diced
3 cloves fresh chopped garlic
12 oz fresh corn kernels, about 3 ears
or frozen fresh corn
1 ½ lbs peeled diced potatoes (about
6 medium potatoes set on a paper
towel to absorb moisture)
½ cup heavy cream
Salt and pepper
3 lbs salmon fillet
½ cup chopped fresh chives

MAKE IT

1) In a medium pot, heat the chicken broth to a simmer.
2) In a separate large saute pan, heat half the oil. Add the diced onion, garlic, and corn kernels. Use a wooden spoon to saute together until the onions appear translucent, about 5

minutes.

3) In a large bowl, toss the diced potatoes with the remaining oil and season them with salt and pepper.

Add the potatoes to the saute pan with the onion, garlic and corn. Stir with a wooden spoon and allow surface of potatoes to toast lightly. Gradually add the chicken broth to the pan, just enough to cover the potatoes and corn mixture.

4) Over medium to medium-high heat, the potatoes will cook in the broth and by the end of cooking time most of the liquid should evaporate. If the broth has boiled away before the potatoes are cooked, add more broth in an amount that is just enough to cover. Be careful to neither burn the potatoes nor allow them to turn too soft. When the potatoes are done, a fork can easily go through.

5) Preheat oven to 350 degrees F.

6) Trim the salmon by removing a 1 1/2-inch strip from the belly side. Divide into 5 ounce portions, leaving the skin on. Season with salt and pepper. Heat ¼ cup oil in a large oven safe skillet over high heat. Sear fillets beginning with flesh side down first. Do not disturb the fillets for the first 2 to 3 minutes; do not even shake the pan.

7) Transfer fish to a baking dish in the oven to finish. Fish is done when flesh springs back when touched, internal temperature of 140 degrees F.

8) Spoon potato/corn “risotto” in center of serving plate. Top with the salmon, and garnish with chives.

THE MACROS

CALORIES: 650
PROTEIN: 65 g
FAT: 35 g
CARBS: 45 g

IN THE KITCHEN: RECIPE



GRILLED CHICKEN CACCIATORE

YOU'LL NEED

¼ cup olive oil
3 medium onions, sliced
4 green bell peppers, julienned
4 red bell peppers, julienned
3 cups white mushrooms, cleaned and quarter-cut
6 large ripe tomatoes, large dice
2 tbsp tomato paste
2 cups tomato juice
3 tbsp chopped shallots (about 3 to 4)
3 tbsp chopped garlic (about 7 to 8 cloves)
1 cup fresh basil leaves, chopped
1 cup fresh parsley leaves, chopped
Salt and pepper
12 (4 to 5-oz) boneless chicken breasts
For the Polenta:
1 large onion, chopped

A cleaner take on a classic.

6 tbsp butter
8 cups water
2 cups yellow cornmeal
Grated Parmesan

MAKE IT

1) Heat oil in a large saucepot and sauté onions, peppers and mushrooms until onions begin to turn translucent and peppers begin to soften.
2) Add tomatoes, tomato paste, tomato juice, shallots, garlic, basil and parsley. Season with salt and pepper. Let simmer 45 minutes until medium thickness.
3) Preheat a grill to high.
4) Season chicken breasts with salt and pepper. Grill on both sides

until cooked through.

5) **MAKE THE POLENTA:** Sauté onion in butter until softened. Add water and stir in polenta. Cook on low heat, stirring often, for about 40 minutes until tender. Sprinkle with Parmesan.

6) Arrange on serving platter and spoon sauce around. Serve with a side of polenta (as you would mashed potatoes), and remaining sauce in a gravy boat.

THE MACROS

CALORIES: 539
PROTEIN: 48 g
FAT: 20 g
CARBS: 40 g

LET'S HELP OUR HEROES

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The Robert Irvine Foundation is a not-for-profit organization dedicated to enriching the lives of our military personnel, first responders, and their families. 100% of all funds raised go directly to those who need it most. To learn more about Robert's commitment to our military and first responders, please visit RobertIrvineFoundation.org



KATE LINENDOLL

THE RENAISSANCE WOMAN RETURNS

The multi-hyphenate mega-talent (she's an Emmy-winning tech expert, public speaker, and country singer) can't seem to stop hyphenating. Today, she can add 'philanthropist' to her ever-expanding resume. Here, she reveals the creative process behind her single, 'Your Hands' and why she chose to dedicate its proceeds to The Robert Irvine Foundation.

By Matt Tuthill

With a career as expansive and diverse as Katie Linendoll's, one struggles to explain her to the uninitiated. She's good at so many things—singing, songwriting, staying abreast of the latest tech trends and advocating for girls in STEM—that you can't do her justice by describing just one of her many divergent paths. You probably wouldn't lead with the fact that she's a brown belt in Krav Maga, but you wouldn't leave it out, either, you know?

And yet, branding experts—whoever they are, but it seems like a lot of people call themselves that—would say that Linendoll is doing it all wrong. That if you want to break through to a mass audience,



Learn more about Katie at [KatieLinendoll.com](https://www.KatieLinendoll.com)

you should focus relentlessly on becoming great at one thing and thus become known for that thing. On this matter, at least, they do have a bit of a point, attention spans being the fickle little beasts that they are.

KATIE LINENDOLL

Linendoll knows this, of course, which is why it's so curious that she persists in doing the counterintuitive thing—appearing to spread herself thin across tech, music—and now, philanthropy. She recently decided to dedicate all the proceeds from new single, “Your Hands” to the Robert Irvine Foundation, specifically to raise money to purchase an iBOT for a veteran in need. She's taken her message on a media tour which culminated in a live performance of “Your Hands” on Fox & Friends on Fourth of July, complete with an in-person demonstration of the iBOT and a rundown of the RIF's activities.

“Katie has an ‘infinite game’ mindset,” said Katie's music coach Dan Spencer. “She is trying to win—and she doesn't even think of it as winning—by helping the most people she can along the way with everything she does.”

We recently caught up with Linendoll, and she said she wouldn't have it any other way. She loves the wildly undefinable career she's got. For as many arenas as she's found success, the only place where she isn't comfortable is inside of a box.

So what really drives her? Here, we get to the bottom of it all.

Robert Irvine Magazine:
You've dedicated the proceeds

from “Your Hands” to The Robert Irvine Foundation. That's a wonderful thing to do, but I want to know why. It's hard enough to get record a great song and put it out into the world. To give that money away is no small thing. So what drives you?

Katie Linendoll: It's my favorite part of what I do. The foundations of who I am: I've now defined it as the F-words: faith, family, flag—and then fast cars, and fast wifi.

“With ‘Your Hands’ I was thinking about the guys who are serving our nation and our first responders, and the fact that these are the guys that you love to stand next to.”

The faith and the family part, I grew up in a very generous family, and we love to give. Giving time and talent and treasure is just a big part of what makes us happy,

And when I have the platform that I've grown over the years, and I have a media outlet where I can, not just go on and talk about my music like but to add something that could impact others, that's the

best feeling in the world.

Robert is so genuine about his foundation. Look at just one of the Robert Irvine Foundation videos and you'll see that—how caring and authentic he is. To be a part of that and to not amplify that—it's just so exciting.

I love, love, love the world of giving back, but I'm also very cautious about who I get involved with The nonprofits that I commit myself to—I do my research, and

I won't just go for a big blanket organization. I love the ones that are focused and hands on and every dollar is appreciated and accounted for and you can see the impact it makes. That makes me so happy.

RI: Let's say you're sitting in a coffee shop, and answering your emails, and someone strikes up a conversation and says, “What do you do for a living?”

What is the first thing that you say?

I'm very curious

how you answer that question.

KL: I'd say, “How much time do you have? It's really hard to explain.” It's so funny, because they are such different worlds. Between the tech and the speaking and the music, I think when people hear it, they're not sure how serious to take it, because it's so diversified. How much could you excel by doing so many different things? And it's

KATIE LINENDOLL

also a testament to how much you have to maximize your day. Every minute of my day is absolutely maximized, and it's very tough to explain, and something I still continue to work on. When I'm in my different pockets, like when I'm in the tech world, I kind of stay in the tech zone, and then when I'm in the country world, it's easier to stay in the music zone. But they start to overlap too, which is interesting. It's challenging.

RI: What did you go to school for?

KL: Information technology, new media at RIT. It's a blend of IT, and also the Photoshops, Illustrators, Creative Suites of the world. So it was a little mix of design as well. But heavy on the IT.

RI: When you did that, you were thinking you would go on to do what?

KL: Coding websites for the rest of my life. When I was 12, 13, I was fascinated with computer systems. And I started taking computer classes, and then while I was still in high school, I earned my networking certifications. I could've left and went and worked in the IT space. But then went on to get my IT degree. Everybody's a technologist now, every business is into technology, where you don't have a choice. You have to be tech savvy. But back then I was way ahead of the curve a bit. It was very rare to be a girl and interested in technology. I saw that as an opportunity to differentiate myself.

RI: You said your family loves to give. Explain that. What was your household like growing up?

KL: I come from a big military family. My sister was a West Point grad, my dad was Army, my grandfather was a Marine, and my brother-in-law is also in Boston PD, so we were always a big first responder, military family, with very strong foundations of faith, and high integrity, and hard work. That was instilled in me at a very young age.

I attribute everything to my mom, I say my mom is like two miracles away from sainthood. She's the nicest, most talented person. Everyone tells me, "You have such energy." I'm like, "You haven't seen my mom." My mom's got like a thousand times more energy than me. And she's my best friend. Still, every day, I try to do dinner with her every day. As you know, she's contributed to the magazine with recipes. I strive to be 10% of the woman she is.



Follow Katie on [Instagram](#) and [Twitter](#) and subscribe to her [YouTube channel](#).

KATIE LINENDOLL

RI: And you're from Erie, PA.

KL: Erie, PA is a town of grace and grit. You live there and you will develop character, and I wouldn't change it for the world. I'm so proud of my roots. I think back to how I grew up, and it just was such an integral part of the character that I have. You were always shoveling six feet of snow, working hard, working at a young age, and... it was just a lot of character building. I think those foundations were a big part of who I was. Nothing was handed to you. You had to really work for everything.

RI: Who are your musical influences? It's hard to pin you down professionally, but it's even harder to do so musically. "Your Hands" might be country, but you're don't just perform country music.

KL: So, I used to run home from the bus when I was little, trying to catch the Top Country Countdown, and I was so impacted by Lari White and Jessica Andrews and Lila McCann and Bryan White. They are 90s country icons. I'd save my allowance or the money from a side job to get a CD and would listen to those over and over again. But my big thing was music videos. I would run home from the bus to catch those music videos, and I would always imagine directing and producing a music video. It took, what, 30 years later, but here we are. It hasn't hit me yet. Those music videos impacted me so much, and those artists still impact me today. They're still on my playlist. It's amazing how that music you listened to when you were younger

still continues to be in your mix.

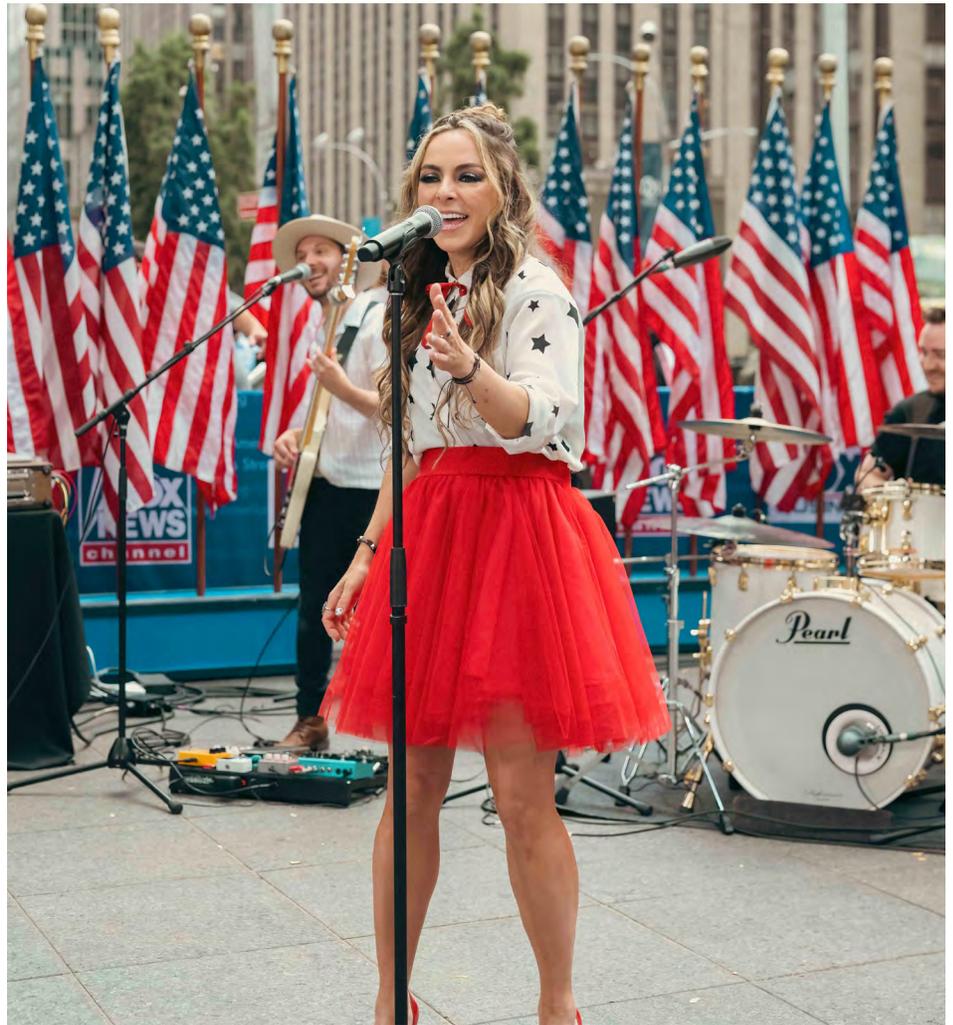
RI: You're using the new single to raise money to buy an iBOT for a veteran in need. Have you identified that person yet?

KL: When I saw all the different sectors that RIF was involved in, but then I saw the iBOT, and the tie to technology, forget it, it was game over for me. I knew that was something that I wanted to cover

It was hard to narrow it down to one person, but the individual that David [Reid, VP of RIF] identified

is from Erie, PA which was already amazing synchronicity. Growing up in Erie, I know how challenging that environment, that climate alone is. You have so much snow, so much rain. Coming off of Lake Erie, it is intense weather. The challenges that he faces, just getting around have been holding him back just from quality of life.

So to be able to give him an iBOT that can go through any terrain, to go on the beaches of Lake Erie, to go and enjoy the sunset, that is going to change this man's life.



Be sure to check out Katie's [live performance of "Your Hands"](#) from Fox & Friends' Fourth of July show.

KATIE LINENDOLL

RI: What was your inspiration for “Your Hands”?

KL: Our guys. I was thinking about the guys who are serving our nation and our first responders, and the fact that these are the guys that you love to stand next to. And I think of my dad and my grandfather and my brother in law, my friends—the men who are so full of that... I keep saying grit and grace, it's just an integral part of who I am. But really, it's about the ones that you're proud to stand by.

I think we can all identify some men in our life, or a man, like that. That's what it was about. This was a song for the guys. It was so cool to just ask out to everyone, “Do you know somebody that fits this mold?” And pouring in, we got photos and videos of so many veterans over the decades. What was so neat is to integrate them into the music video. And the response has been incredible. The messages that I've got are just tearjerkers. Like how much having their dad or their grandfather or their boyfriend or their husband in the video, seeing them and waiting for that moment where they hoped he showed up, and he did, it's been really cool.

RI: Did you start with lyrics or melody?

Linendoll: Lyrics.

RI: Always?

Linendoll: Lyrics. The melody will come to me, and then I'll work with my

team. It always changes, and that's been something that I've been really adaptable to. Because I'll have this vision and this melodic kind of hint of where I want it to go. They take it to 10 levels higher than I would've ever imagined. And I am onboard with that journey. I let experts do expert things and make things better. Like, “Surround yourself with people that are better than you” has always been a theme of my life.

RI: Where are you in five years, 10 years? What are the ultimate goals here?

Linendoll: I would love a show. Working on that right now. And I'd love to be performing more. Yes.

RI: What would the show be?

Linendoll: Tech. And also, my good friends Mark Tappan and I are working on a potentially exciting dog show. So we'll see where

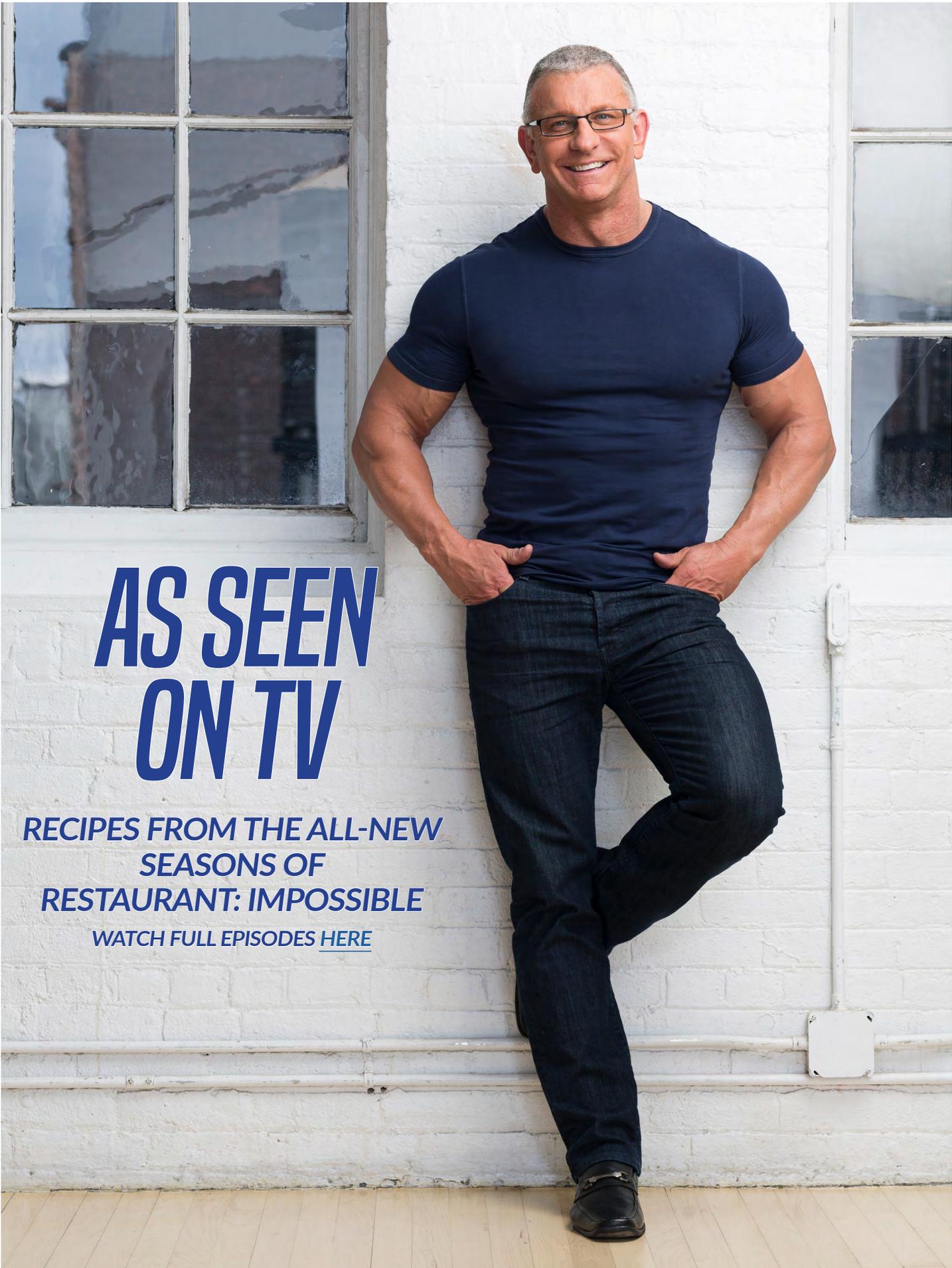
it goes. I have one thing I've let go of in my life, is trying to plan so much.

I went on this pilgrimage in Medjugorje. I'm a big girl of faith, and this amazing priest goes, “You want to hear a way to make God laugh? Tell him about your plans.” I was like, wow, that's been so true over the last few years.

Because everything that I've planned just went in a completely different direction. It all ended up for the better. And to be adaptable to what I think's going to happen, but also just to let go a little bit, and not be so rigid on my vision and my direction ... Because some amazing things have happened that I could've never fathomed. You go into boss mode and you control things, this, that, and the other thing, but then to also let go and see where things go, and follow the flow a lot, has been real instrumental, in the last few years especially.



You can donate to Katie's fundraiser at IBOTDONATE.COM



AS SEEN ON TV

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AS SEEN ON TV

Lemon Poppy Pancakes

From the episode, "Sunny Side Down"

YOU'LL NEED

FOR THE BLUEBERRY COMPOTE

1 cup fresh or frozen blueberries
4 tbsp water
1 cup sugar
2 tsp lemon juice

FOR THE WHIPPED CREAM CHEESE

4 oz whipped cream cheese, at room temperature

1 oz sour cream
3 oz powdered sugar
½ tsp vanilla extract
Zest of 1 lemon

FOR THE PANCAKES

6 cups all-purpose flour
1 ½ tsp baking soda
3 tbsp baking powder
1 tbsp kosher salt
2 tsp poppy seeds
2 tbsp sugar
2 eggs, separated
2 cups buttermilk
1 tsp vanilla extract
4 tbsp butter melted

MAKE IT

BLUEBERRY COMPOTE

1) In a medium sauce pot add blueberries, water, sugar, and lemon juice. Bring the mixture to a boil and allow to cook for approximately 4 minutes.
2) Drop the mixture to a simmer and allow to cook for about 10 minutes.

WHIPPED CREAM CHEESE

1) In a large mixing bowl add cream cheese, sour cream, powdered sugar, vanilla extract, and



AS SEEN ON TV



lemon zest.

2) Using a hand blender or a food processor, mix all ingredients together.

PANCAKES

1) In a mixing bowl add all-purpose flour, baking soda, baking powder, kosher salt, poppy seeds, and sugar. Whisk together.

2) In a separate bowl add egg whites, buttermilk, and whisk until frothy.

3) In another bowl add egg yolks, vanilla extract, and melted butter.

4) Pour the wet ingredients on top of the dry ingredients and whisk just until incorporated. It is OK if the batter has some lumps.

5) In a non-stick pan, add 1 tsp butter. Using a paper towel wipe the pan out.

6) Using a ladle, add 2 oz of pancake batter and allow to cook over medium-low heat.

7) Allow the pancakes to cook for a

few minutes until bubbles form on top. Flip the pancakes and allow to cook for another 2-3 minutes until golden-brown.

PLATING

1) Stack 3 pancakes in the middle of the plate.

2) Dress the pancakes with blueberry compote and top with whipped cream cheese.

3) Top with powdered sugar and syrup if desired.

AS SEEN ON TV

Bison Ragu



From the episode, "Trick or Treat"

SERVES 8

YOU'LL NEED

FOR THE BISON RAGU

¼ cup grapeseed oil
3 lbs ground bison (ground pork is a good substitute)
1 carrot, diced
1 white onion, diced
3 ribs celery, diced
1 tbsp ground fennel seed

2 tbsp tomato paste
½ cup red wine
3 cups beef stock
½ bunch thyme, picked and chopped

FOR THE PASTA

1 lb butternut squash, peeled and diced
3 lbs fresh pappardelle pasta
8 oz frozen English peas
3 tbsp butter
4 oz Parmesan cheese, grated
4 balls fresh buffalo mozzarella, halved

1 tbsp breadcrumbs

MAKE IT

BISON RAGU

1) In a sauce pot over medium-high heat add grapeseed oil and bison. Use a wooden spoon to stir and break up the meat.
2) Add carrots, onions, and celery and allow to cook over medium heat for about 6 minutes.
3) Add ground fennel and tomato paste. Stir the tomato paste with a

AS SEEN ON TV

wooden spoon for about 3 minutes.

4) Deglaze the mixture with red wine. Cook for another 4 minutes.

5) Add beef stock and thyme. Allow to simmer for 25 minutes.

PASTA & PLATING

1) Pre-heat oven to 350.

2) Place the butternut squash on a baking sheet. Season with salt and pepper.

3) Place the butternut squash in the oven. Allow to cook for about 8 to 10 minutes or until butternut squash is cooked through.

4) Place a medium sauce pot on the stove filled to the top with seasoned water. Bring the water to a boil.

5) In a sauté pan over medium-high heat add butternut squash English peas and butter. Sauté lightly.

6) Add wild boar ragu to the butter-

nut squash and English peas.

7) Place the fresh pappardelle pasta in the boiling water and cook for about 2 minutes or until the pasta is al dente.

8) Place the pasta into the bison ragu. Cook for another 2 minutes.

9) Place the pasta in a large serving bowl. Garnish the pasta with Parmesan cheese, buffalo mozzarella, and bread crumbs.



AS SEEN ON TV

Pork Parmesan



From the episode, "A Family Divided"

SERVES 4

YOU'LL NEED

FOR THE PORK CHOP

4 boneless pork chops, pounded thin (about 5 oz each)
3 eggs, beaten
2 cups flour
2 cups panko bread crumbs
3 tbsp grated Parmesan cheese
3 tbsp clarified butter
8 slices provolone cheese

FOR THE TOMATO SAUCE

2 tbsp grapeseed oil
16 oz canned tomatoes
1 white onion, diced
8 cloves garlic minced
1 bunch basil, reserve ½ the bunch for garnish

FOR THE ORZO & SAUSAGE RAGOUT

2 lbs ground spicy sausage
1 pt orzo, cooked according to package
4 cherry tomatoes, quartered
4 oz tomato sauce

MAKE IT

PORK CHOP

1) Set up three bowls. In the first combine salt, pepper, and all-purpose flour. In the second bowl add the beaten eggs. In the third bowl combine panko breadcrumbs and Parmesan cheese.

2) Dredge both sides of the cutlet in flour. Then dredge in egg wash. Last place in the panko and Parmesan cheese. Set aside.

AS SEEN ON TV

TOMATO SAUCE

1) In a sauce pot over medium heat add grapeseed oil, onions, and garlic and let sweat.

2) Add tomatoes and bring to a boil for 3 minutes. Drop to a simmer.

3) Allow the sauce to simmer for about 50 minutes, stirring occasionally.

ORZO & SAUSAGE RAGOUT

1) In a sauté pan over medium-high heat add sausage. Using a spoon break up the sausage.

2) Add tomatoes. Continue to cook for another 3 minutes.

3) Add tomato sauce and set aside.

PLATING

1) Preheat oven to 350.

2) In a large skillet over medium heat add clarified butter and breaded pork chop.

3) Allow pork chop to cook for about 4 minutes on each side.

The pork chop should be golden brown in color and just cooked through.

4) Place the pork chops on a baking sheet.

5) Place a scoop of tomato sauce and 2 slices of provolone cheese on top of each pork chop.

6) Place the pork chops in the oven for about 3 minutes or until the cheese has melted.

7) Place a scoop of tomato sauce in the center of the plate and top with a scoop of the orzo ragout.

8) Place the pork Parmesan on top of the ragout. Finish with basil.



INTERVIEW:

STEVEN KRUEGER

He's a star of Showtime's runaway hit *Yellowjackets*, but for most of his life, an actor's life isn't something Steven Krueger envisioned. Here, he chats with us about how his mother inspired his change of career, the incredible success of *Yellowjackets*, and the overwhelming number of choices viewers have.

INTERVIEW BY
MATT TUTHILL

ROBERT IRVINE MAGAZINE: *Yellowjackets* was renewed for Season 3 before Season 2 even came out. That never happens unless a show has incredible buzz, but of course you never meet someone who says *Yellowjackets* is "pretty good". They're generally obsessed with it and tell everyone they have to watch.

STEVEN KRUEGER: That is very true. I think we've started referring to the community as Reddit detectives, because they will freeze-frame something and pick it apart. A lot of times we'll look at it and be



In addition to *Yellowjackets*, Krueger's other credits include *Roswell*, *New Mexico*, *NCIS*, *Pretty Little Liars*, and *Hawaii Five-O*.

like, "Oh my gosh. We never even realized that," and then we'll start to wonder as actors ourselves. Did the writers and producers actually do that intentionally, or did they just miss that?" It's a real mind trip, honestly.

RI: By last count we're closing in on 700 scripted shows being produced every year. Would you agree that it's not enough to have a show that's well written and well

acted? It almost needs that other layer where the show becomes a source of this endless theorizing. And is it possible for you as an actor, as you're reading something and choosing what to work on, to identify that quality beforehand?

SK: The timing on that question is amazing, because I was just reading that we're beyond peak TV. It's trough TV... I think the funny thing is even five years ago, I feel like a lot of us were saying this isn't

INTERVIEW: STEVEN KRUEGER

sustainable, you know? People can only take in so much content.

I think, to answer your question, that the future of television is not going to lie in a lot of what we've seen over the past decade or so, where there's endless amounts of reboots and spinoffs. Obviously there's going to be the outliers. *Star Wars* and the things like that that are always going to have that audience.

But I think people are really, really hungry, no pun intended, of course, for things like our show where it's a completely novel and unique idea. It's different, and it's interesting, and it's kind of genre bending. It includes a whole bunch of different genres. It's just something that people don't expect.

When you read a script like that you definitely know that it's something different. I think that that was the experience that I had when I first read the pilot. It was one of, if not the best, pilot scripts I had ever read.

I don't think that there's any way you can ever predict what's going to catch fire and find a huge audience like our show has. But I think it does start with the material. I think if you can start with something that is unique and novel and it captures attention when you're reading it

and when you're filming it, then it has a really good chance of doing the same with an audience.

RI: You took acting classes in high school at your mother's behest, but you were in LA for unrelated reasons when you started your career. What were you doing in LA?

*“When you're stuck...
Make a move. Any move.
Something big.
Something small. It
doesn't matter. You just
have to move the ball.”*

SK: That's true. I had no intention of ever being an actor. I did it all through high school, really just as a hobby. Then when I got to college I had other aspirations. I certainly never thought that a career in acting was something that was feasible.

I had moved to LA because I was going to go to law school, and that was when I did all kinds of pre-law type majors as an undergrad. Then

I moved to LA because I got this internship at a law firm. I was kind of on that track.

Then I remember very vividly when that summer after I graduated came to an end, and this internship was over, they offered me a full-time position at the law firm. I said, “You know what? If I'm going to be working at a law firm for the rest of my life, I think I'm going to take these next two years and just do something different.” In the meantime, I had kind of been tossing around the idea just in my own head about, “Oh, you know what? I'm in LA. This is where movies are made. This is where TV is made. I used to really love acting. Why not screw around with that for a couple of years and see what happens?”

RI: What was the very first thing you went out for, the very first thing that you got, and you realized, “Oh, I can actually maybe do this.”

SK: I had a meeting with a family acquaintance who is a long-time producer in this industry. Very successful, and he'd been in the business for a long time, and made big movies and stuff. He was gracious enough to sit down with me, and I told him that plan. I will never

INTERVIEW: STEVEN KRUEGER

forget the response. He just kind of grinned at me and said, “Hey, not to shit on your heart or anything, but if that’s your plan, don’t bother. This isn’t the kind of business that you can try for a couple of years and see what happens, because nothing is going to happen.” I remember that kind of hitting me like a ton of bricks, because as a whatever it is, 22 year old kid or so, you kind of think you have it all figured out, you know?

RI: Certainly.

SK: I said, “Okay. Well, if two years isn’t long enough, then how

long do you have to give this thing?” He flat out said, “Ten years.” I remember my heart just sinking, and thinking, “Oh my gosh. Ten years? That’s a long time to give to something when it may not work out.”

Long story short, I took a lot of time and kind of thought about it, and realized that, you know what? This actually is something that I really do want to pursue.

I was a bit of a later bloomer. I mean, by the time I actually started working, I was well into my 20s. I believe it was 2012, where I had started to do pretty well. I had been

guest starring on a lot of stuff, and small roles here and there. I was making a little bit of money, and it was exciting.

Then I kind of hit a lull where I would go out for these bigger parts for the major series regulars, and shows, and bigger parts in movies, and things like that. I would get kind of close, but I wasn’t getting them. I remember thinking to myself like, “Maybe this is just kind of it. If I’m going to be an actor, then I’m just going to do these smaller parts. I don’t really have what it takes to be in those bigger roles.” That was a hard time. I remember going through a lot of stages of grief, sadness, depression.

RI: Robert’s new book is called *Overcoming Impossible*. What’s the best example from your life of overcoming an impossible situation? Was it breaking into this highly competitive industry?

SK: You know, I don’t think so. I think I have another answer to your question. It’s a very difficult industry, but I think the idea that it’s impossible is a little bit overplayed. I’ve gone through a lot of personal challenges in my life that I would consider much more impossible. I lost my mother when I was 18 years old, and I was a first year in college and was kind of away from my family, and had to deal with the fallout of that, and looking after my younger brother. You know, that kind of turned my life upside down, so I think there’s a lot of personal challenges that I’ve gone through that I would consider much more



On *Yellowjackets*, Krueger plays Coach Ben Scott, the only adult in the 1996 timeline. He says it’s impossible to know if a show will be a hit, but called the pilot one of the best scripts he’d ever read.

INTERVIEW: STEVEN KRUEGER

impossible than the professional challenges I've encountered.

RI: I'm so sorry to hear that. How did you lose your mother, if you don't mind my asking?

SK: No, not at all. She passed when I was 18 from liver cancer. It was pretty sudden, unfortunately. It was something that even she didn't realize that she had until it was kind of too late, so it was a diagnosis, and then literally within a few weeks she was gone. It hit my whole family like a ton of bricks.

But I think everybody also has those stories. Look, part of what bonds creatives in the first place, I think, is personal struggle. We all draw on our personal experience, and our personal struggles that we've gone through. We kind of have this yearning to story tell, and to kind of use the things, the experiences that we've gone through, to add fuel to what we're doing on screen.

RI: If you'll forgive this bit of probing here... As I hear you say that, and I know that she's the one who asked you to give the acting lessons a try, was any part of your determination brought about by a thought, "This is a way to stay connected, or to feel her presence in my life for the rest of my life, if I were able to pull this off"?

SK: One hundred percent. That went into the calculation and the thought for sure. I mean, I knew kind of in the back of my mind that, regardless of what I ended up doing for a career, that my mother probably would've been proud of

me, but there was this little flicker inside of me that thought, "You know what? She's the one that kind of saw that this is something that I would really enjoy, and something that would come to me somewhat naturally." I think that if she were here, and she saw me kind of having this debate about, "What do I do with my life?" I think that she would absolutely be pushing me toward that creative career. It's something that I think about, honestly, on an almost daily basis. It's a shame that she's not here to see it, but I definitely know that I'm following the path that she would've

laid out for me.

RI: That's really beautiful. Thank you so much for sharing that.

SK: Yeah, of course.

RI: I know you're very active and were a competitive tennis player. Where do you fit in time to train when you're filming? The days on set are just notoriously long. How do you squeeze it in?

SK: The days on set can be really brutal, just exhausting. I mean, especially on our show where you're coming in and you're putting on these crusty, smelly clothes that



Steven's father Ken has been building homes for Habitat For Humanity for over 30 years, and got Steven involved, too. "I hope to get back out there with him this summer," Steven says.

INTERVIEW: STEVEN KRUEGER

they haven't washed, and crawling around in the dirt. For me, I'm also hopping around on crutches all day, because I only have one leg in the show. It is draining for sure.

But the beautiful part about our show is that it's really kind of two shows in one, because there's the two separate timelines. The way that they film it is they do a week with the adult cast, and then they do a week with the teen cast. It's kind of back and forth, back and forth, so oftentimes we'll have a week or even two weeks, off at a time while they're filming the adult cast. It's really nice because, as physically and just mentally draining as the show is, I think it would be really tough to film straight through.

So I may go for the better part of a week without doing a whole lot of exercise outside of stretching and walking. But then you get the time off and can get back to your normal routine in the gym.

As I've gotten a little bit older, I've become a big believer in cross-training, and just doing a lot of different things for your body. On any given week, I will do some weight training, I'll go for a long hike, or go for a run. I'll jump on the Peloton and do a couple rides. I'll do some yoga or play sports: golf, tennis, pickleball.

RI: Unless I'm missing something, you have almost no social media presence.

SK: Yeah, that's mostly true.

RI: One, good for you. Two, how come?

SK: I mean, I have an account on Instagram. I don't post on it outside of the occasional story for work stuff. I do have a Twitter account. You know, up until somewhat recently I enjoyed Twitter, because it was a great news source and opinion source.

But the problem with social media is everything is driven by profit. You end up creating all of these kind of unforeseen negative externalities that I don't personally think are great for mental health. I think, at the end of the day, I just enjoy spending my time doing other things. You know, people say that it's really easy. "Just post a picture here and there." But I watch my colleagues in the industry do it, and I see the amount of time that goes into it and it's not easy. People will spend hours and hours doing this stuff on social media. I don't fault anybody for doing it. I think it's pretty amazing that people can earn a living, and a really good living, just on social media. More power to them. It's just not something that I particularly enjoy. You only have so many hours in a day, and so many days in a week. There's just other things that I prefer to spend my time doing. It's just never been something that's scratched that itch for me, so I haven't really done it.

RI: Do you ever feel stuck, uninspired, don't want to get off the couch? If so, how do you get unstuck?

SK: Believe me, that happens all the time, both personally and

professionally. I think the best answer, as cliché as this might sound, is to make a move. Any move. You know, it can be something small. It can be something big.

To give you an example, there have been multiple times throughout my career where I've felt stuck as an actor, where either I wasn't getting the jobs that I really wanted, or I was working on something, and I just felt kind of stagnant in the work that I was doing. I said, "You know what? Even though I've been doing this for six, seven, eight, 10 years, I need to go study with somebody new. I need to go find a new coach." That can be a really scary thing, as an actor, when you get comfortable kind of in what you do, and the way you approach the work, to all of a sudden say, "I'm going to go study with somebody new, and they may completely tear me apart, even though I've been doing this for 10 years." That's very uncomfortable, and it's not something that's always fun, but you make a move.

I've been in relationships before where I feel like it's just not working out. Any move will do, whether it's something bold like ending the relationship, or just having a conversation, you know? Just getting the ball rolling in a direction, because I think when the ball is stagnant, and it's just creating that bump in the couch from sitting there for too long, any little movement is going to spark something. Who knows which direction it's going to go, but at least it's going.

INTERVIEW:

LAUREN BUGLIOLI

Anyone unfamiliar with Lauren Buglioli's work is about to fall in love with her in Netflix's *Florida Man*.

But she's not just a marvelous acting talent, she's a mentor and career coach who believes we can all get more out of life if we separate ourselves from our work a little bit more. In short, she's just the kind of zen we all need right now.

INTERVIEW BY
MATT TUTHILL

ROBERT IRVINE MAGAZINE: You're not just an actor. You're a mindset coach, and I read about a group meet-up that you're doing in which you promised to celebrate each other's wins, but no "toxic positivity." Can you define that?

LAUREN BUGLIOLI: I'm really big on choosing our perception and perspective on things, because I think it can be easy to, in an effort to connect with people, commiserate over realities of any business, right? Like when I bring up that I'm an actor, I hear a lot



Outside of *Florida Man*, Lauren has been seen in dozens of movies and TV shows, including *FBI* and *First Wives Club*.

of people say, "Oh, it's the hardest job in the world." And they go on this kind of diatribe about how challenging it must be and how

rejected I must feel. So I think if the toxic positive way of looking at the entertainment industry would be to say, "No, it's the best

INTERVIEW: LAUREN BUGLIOLI

thing in the world and everything's perfect and I never feel any feelings ever, and I'm fine, I'm fine, I'm fine," in a way to kind of bypass one's feelings.

But I think there's a world in which we can look at the realities of any industry, any relationship, and see where we're growing from it and where we're continuing to evolve and become better for having been through something. And then also think about what are we choosing to focus on? Are we choosing to say, "Oh, I audition all the time and I'm rejected"? Or, "Every opportunity is a chance for me to grow and evolve and lead me to the things that are meant for me"?

I love to say to people, "Take the best, leave the rest." I love to share what I've learned that has benefited me, so hopefully others can save time. Because it's been quite a journey for me.

RI: We interview a lot of actors and I know that at certain points in your career, this thing, it has a way where it really can beat you down. Did you try to deal with that in the beginning with toxic positivity?

LB: I love that question... So,

I quit three times. And it was "quit." At that point in time, I had people in my sphere who were not cognizant of or concerned with my mental health. There was very much a focus on the external success and not the entire picture. That's why I work with actors and I love looking at the whole picture, taking care of all aspects of

of proverbial carrot to say, "Well, if I just had this thing then I would feel good and I would feel validated and I would prove those people wrong." And I found if I continued on that path, I would have just become more increasingly unhappy.

I have a degree in early childhood ed and special ed and still work with kids. I can still do that. My worth does not lie in any perceived success in a certain industry. I look back now and can connect the dots and say that was invaluable, because I definitely don't want to hang my hat on the number of IMDB credits I have. I want to live a full life and encourage others to be the same.

RI: We've touched on the hustle culture thing, and I'm wondering if you're

as taken aback as I am about how much purchase this has found in the culture, especially amongst young people. Teenagers have adopted this corporate vernacular of talking about branding and positioning. Is it jarring for you to see young kids who have totally bought in to this mindset?

LB: It is. I love that you bring this up because I think most,

"My worth does lie in any perceived success... because you are good enough on your best day, and you are good enough on your worst day."

ourselves as artists.

But I had to take a break from the industry at certain points to say, "What isn't working here?" Because I think a lot of people talk about, "Just keep going, don't give up. It'll all come together." But sometimes it's worth pausing and reflecting. For me, I think anytime I aligned my worth with my external success or lack thereof, I continued to chase that kind

INTERVIEW: LAUREN BUGLIOLI



Follow Lauren on [Twitter](#) and [Instagram](#). Learn more about her mentoring services [HERE](#). Her monthly “Mindset Meetups” in Tampa raise money for Heart Gallery Tampa, which is dedicated to finding forever families for area foster children. “Two of my best friends are adopted,” Lauren says. “So this is a cause very close to my heart.”

and this is a generalization, but most of us have a tendency to be hard on ourselves. When I was five years old, I’d give myself time outs. So my mom would say, “Lauren, you haven’t done anything wrong. Get off the stairs. You’re not in time out.”

So if that’s a paradigm and an inner voice that I wanted to perpetuate, it would be very easy for me to find evidence in this day and age in this world that I’m not enough. I hear someone preach about, “You’ve got to get up at 4:00 AM, you got to do a cold shower, you got to do X, Y, and Z.” And I think if there is any vulnerability around, “Well, I need to achieve, I need to look good, I need to have these flashy things that people are posting on their Instagram page,” if that’s where my worth lies, and if that’s what I’m hearing from people who have money and success and notoriety that those things matter, well then I should do what they do.

I think people can fall victim to that. I am shocked by how easy it is to drink Kool-Aid that doesn’t necessarily serve our spirit. Again, “Take the best, leave the rest.” I offer tools in a mindset workshop where I’ll say, “You know what? Maybe you love to take a cold shower because it regulates your nervous system and that feels good to you. But if you think you need to do it in order to keep up with whatever influencer you are looking to in order to validate yourself, then you’re

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always going to find an opportunity to either prove or disprove your worth.”

There’s an incredible book, *Radically Content* by Jamie Varon. I joke that I’m her publicist. It’s one of my favorite books because she talks about the power of not fixating on this idea of a future self in order to validate oneself. So we can always be growing and evolving and fine-tuning the things in our life that we’d like to shift from a holistic place, from a place of starting with that radical self-worth, knowing that we’re enough and the actions we take and the success in life that we are conditioned to believe gives us value, it’s just not real.

I like to remind myself that I’m no more worthy today than I was when I was just starting out in the business. My worth is not dependent on anything outside of myself. Radical acceptance I am of value no matter what I have and what actions I take. I think it’s a really important reminder and one that I hope kids have different voices rather than just listening to influencers and that hustle culture to reinforce that they’re innately worthy.

RI: You touched on something really important, and I hadn’t really thought of it this way until now. It is this ancient need or desire inside us to keep up with the Joneses, but it has shrouded itself in this other virtue, which everyone ought to want: You ought to want to produce, work as hard as you can, live up to

your potential. But it is hiding this other kind of sinister thing right under the surface.

LB: Yes. And I think it’s saying, “Do I want to do this thing because it brings me joy and it’s



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good for me and I feel that I'm my most vibrant self when I show up this way?" Or is it a way to either prove or disprove my worth? And I think it's why I'm really passionate about talking about mindset with actors is because if the job is a way to prove or disprove your worth or talent, then that's a real slippery slope.

I love to say to actors that if we can reframe how you show up in the world can be an act of service, knowing someone's name on set and acknowledging them and having a genuine connection and wanting to contribute to a project and bringing joy and sharing your gift, absolutely. But you're not there to prove that you're enough.

You earned your seat at the table and you're there to contribute and elevate the project. But how you show up in the world can be an act of service.

RI: You're in Netflix's Florida Man, out now. First off, what a great title. Before you even watch the trailer, you know that this is going to be something pretty wild. It's just a perfect name. Your character is Caitlin Fox. What is she like?

LB: Caitlin Fox is an Orlando news anchor. And she has been wildly underestimated, but she's a very ambitious lady. And when she kind of catches on to some nefarious behavior and she suspects there's some criminal activity happening, she decides to leverage that, as she sees it as an opportunity to further her career.

This was an absolute blast to work on. I'm so excited for everyone to see it. It's created by Donald Todd, who I absolutely adore. He and his team of writers are just exceptionally talented and funny. And this cast and crew was a dream to work with. So, I am pinching myself big time.

RI: Last question, which we ask everyone: What do you do when you get stuck? I think radical contentment can be great, but you must also experience moments where you're just like, "I'm not doing everything I can and this makes me feel lousy." So when you do feel that way, what do you do?

LB: So let me start by saying, I'm so glad you addressed that radical contentment is great in particular seasons, and we can always find gratitude for a moment where we're in. But I think, I'm just coming out of a period where I was feeling a little bit stagnant and a little bit stuck. And it's why I'm passionate about these monthly mindset groups, because I'm sharing things that I need.

And what I was saying to myself while I was in the midst of it was the best parts of you have come from the most challenging moments in your life. And the mountaintops are wonderful, but when you're kind of in the depths, that's where growth happens. And the thing I always tell myself when I'm in a moment that doesn't feel great is take baby steps. Take little actions daily. Celebrate wins and ask myself,

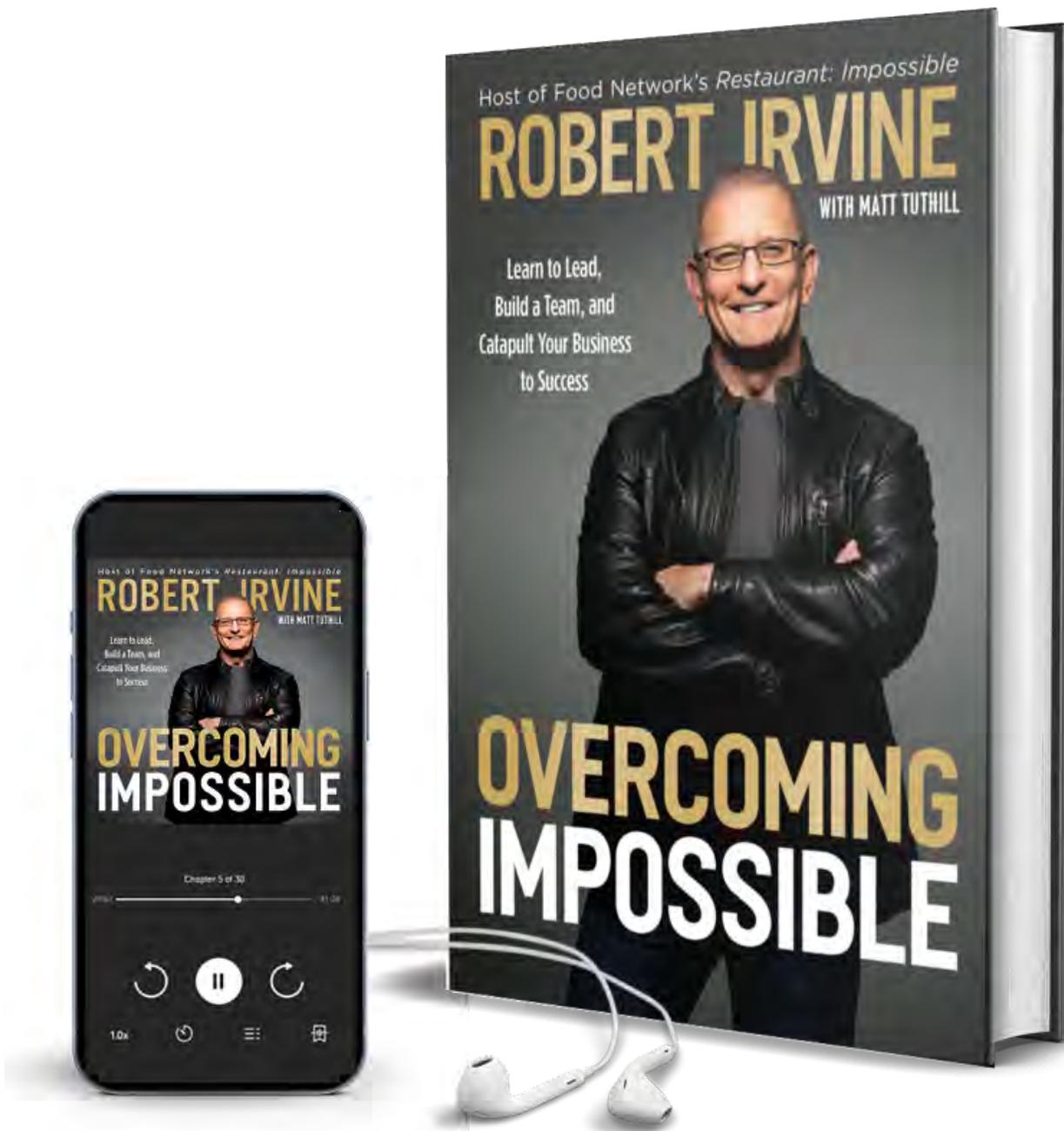
"What am I being prepared for that I can't see yet?" Because I know there are more challenges coming.

I love to reflect on what am I learning in this moment that I'm going to implement later, because it helps me keep looking to the future and not feeling that this moment is going to last forever. And I'll get myself, I'll say, "Okay, break it down to fundamentals. What three things today?" And if it needs to be more basic than that, "What one thing a day can I do that's going to make me feel good and give me some momentum?"

Knowing that nothing is going to last forever, good or bad, and that it's just continuing to put one foot in front of the other and appreciating what I am doing to take care of myself right now, what I am doing to move and go forward.

One of the biggest things I love to say to people is "Celebrate your wins." There was a point in time where I didn't have my health and I wrote down, "Do something fun today, take a shower, go outside, get some sunshine."

And I learned in that moment how important it's to celebrate that I got out of bed that day, that I was able to get outside and have a great interaction with someone. Again, I think it's why I'm so passionate about not looking for the large scale things or the bright and shiny fancy things to validate us. Because you're enough on your best day and you are good enough on your worst day.



Wipe impossible from your vocabulary

Make achieving your goals and finding success possible with this one-of-a-kind guide by Robert Irvine, popular host of Food Network's *Restaurant: Impossible*.

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VFW HONORS A LIFE OF PHILANTHROPY

Chef receives Distinguished Citizenship Award in recognition of his veteran advocacy and charitable work.



A humbled Robert receives the VFW Distinguished Citizenship Award in Phoenix on July 25.

For his tireless work on behalf of veterans through The Robert Irvine Foundation, and for personifying “the indelible spirit of citizenship and selfless service,” the Veterans of Foreign Wars honored Robert with the VFW’s Distinguished Citizenship Award at their annual National Convention in Phoenix on July 25. The Distinguished Citizenship Award has a long and storied history, with past recipients being Bob Hope, Lyndon B. Johnson, and Ronald Reagan.

You can click [HERE](#) to see video of Robert receiving the award. The

full text of Robert’s remarks appear below:

I want to begin by simply saying thank you.

I am truly humbled to receive this award and to join the ranks of such distinguished past recipients. To be mentioned in the same breath as Bob Hope, Lyndon B. Johnson, and Ronald Reagan is its own honor.

The greater honor—and the principle I’ve dedicated much of my life to— is to serve our veterans, particularly our veterans of foreign wars.

To be a veteran is to dedicate yourself to the service of your country. The commitment to physically and mentally prepare, to fight, and—if necessary—give your life, is what makes America’s veterans the very best of us.

I want to talk about one such veteran today, a man I would say easily fit the bill as one of the very best of us.

A year ago this summer, we lost a man whose name I’m sure most of you know: Woody Williams. And if you know his name you probably also know that until his death at

ROBERT'S WORLD

the age of 98, he had been the last surviving Medal of Honor recipient who fought in the Battle of Iwo Jima.

What you might not know is that I had the honor of calling Woody a dear friend. A few years ago, I asked him if he'd take the time to be interviewed for a story in my digital magazine, and he obliged. In that article, he revealed that after his heroic actions—in which he crawled behind enemy lines to clear out pill boxes and create a path for American tanks—he did not live happily ever after. Not immediately, anyway.

When he came home he was haunted by everything he had done—the sights, sounds, and smells of war that would keep him up at night and make him question his humanity.

He took those doubts and fears—the trauma that today we would call PTSD, though it didn't have that name or awareness back then—to his local VFW hall, where, he said, he could make them go away for a time if he drank enough beer.

But on some level he knew that he was headed down a dark path. He lost his brother Gerald—a veteran of The Battle of the Bulge—a few years after the war ended. “Shellshocked” is how they referred to Gerald; he was kept in a mental hospital until the war ended, but never regained the will to live

after coming out, and died not too long after.

Woody knew if he wanted to make a life for himself, he needed help, and he was lucky enough that his wife didn't quit on him, got him to go church, and most importantly, got him to sober up.

With a new lease on life, he took on a new career. After sobering up in 1962, he began serving as a veteran counselor, an especially effective and empathetic one who didn't just talk the talk, but had walked the walk and could directly relate to a war veteran's particular problems.

He called being a counselor—a job he held for 33 years—one of the

most rewarding jobs that anyone could possibly have.

Woody may have earned the Medal of Honor for his actions during combat, but he probably won an even greater victory in terms of the number of lives saved, by lending an ear to the veterans who needed it most.

There is powerful resonance in Woody's story.

Because there is no shortage of veterans who need our help today.

I believe it is incumbent upon each of us to reach down and lend a hand, and as soon as that person finds their feet, to reach down and lend a hand to the next person who needs it.



In his acceptance speech, Robert recalled the life of WWII veteran, Medal of Honor recipient, and close friend Woody Williams, citing him as an exemplar of why he advocates for veterans. Williams passed away in 2022.

ROBERT'S WORLD



Robert chats up a veteran at an Arizona veterans shelter during one of the Robert Irvine Foundation's Breadking Bread events where RIF staff and volunteers serve up a lunch prepared by Robert's team of chefs.

One good act can save a life. The ripple effect—if each of us keeps paying it forward—can change the world.

Our servicemen and women know the incredible costs before going in...

Even though they do so without any promise of fame or riches—or even acknowledgment or thanks...

It is still fair and perfectly accurate to say that we have asked too much of our veterans. For almost the entirety of the 21st century, we have been a nation at war. And yet, the standard of living at home has been high. Within our borders, we have enjoyed relative peace and comfort. That is due entirely to the

fact that the burdens of war—burdens I would define as so huge that they are unquantifiable—have been shouldered by our veterans and their families.

I don't comment on matters of foreign policy. Not only is it not my place, but having designated myself as a servant of our veterans and active duty personnel, I need to stay completely focused on my mission, which is to spend all my energy on easing their burdens in any way that I can, whether that's:

- Providing a life-changing mobility device
- Training service dogs that can assist and comfort
- Reuniting veterans with the units they served in combat with
- Providing meals to service members, military families, and veterans

all over the world,

- Or granting financial assistance to those in need.

I have accepted that there is no end to this mission. With Woody as an example, this grim fact has only energized me to bring my full self to the task every morning.

Further, it is my intention that The Robert Irvine Foundation will continue this mission long after I'm gone. Since its inception in 2015, the foundation has raised more money in each year than the previous year. But we started as a lean operation and have remained so. The Foundation has used the increased revenue to create new programs and further expand our current ones to support the

ever-changing needs of our nation's heroes and directly improve the lives of veterans and their families.

If I ever had any hope for myself in doing this work, it was merely that at the end of the day, people would say, "He made a difference."

Today, with this award, the VFW—the folks whose opinion on this matter means the most—have emphatically told me that, yes, I have made a difference. So allow me to close my remarks by saying that your acknowledgment has made all the difference in the world TO ME. I will treasure it forever, and I will never stop working on your behalf.

Thank you.

Learn more about the Robert Irvine Foundation at:

RobertIrvineFoundation.org

WAVE OF THE PRESENT

GRUBBRR—and Robert Irvine—are seeing to it that high-tech ordering solutions for small businesses are no longer a thing of the far-flung future, but of the moment.



Robert Irvine with GRUBBRR CEO Sam Zietz at the NYC press event announcing the partnership between GRUBBRR and Robert. “I’m of the opinion that you can’t afford to ignore this technology,” Robert said. GRUBBRR not only saves on serious overhead costs, but increases restaurant ticket sales by 40-50%.

Go into any McDonald’s and you’ll see them: big, bright vertical touch screens that invite you to place your order and pay without ever interacting with a restaurant associate. At first you might find it inviting for the simple fact that you can explore the menu a bit more than you can when you’re taking up an employee’s time—and there’s a line of hungry customers behind you wondering why you can’t just make up your damn mind. This is McDonald’s, man, don’t you have a “usual” order like a normal person?

Well, sure, but now that I’m here there’s this new chicken sandwich that looks pretty good and would you look at that, you can add bacon...

Go into most Taco Bells and you’ll find that interacting with an associate isn’t even an option anymore. The self-ordering kiosk isn’t just here, it’s already the only way of life for some companies.

But smaller chains and mom-and-pop restaurants still rely on old-fashioned labor—associates who require knowledge and train-

ing, and do it all with a smile.

But thanks to GRUBBRR, self-ordering tech company which counts Robert Irvine as its newest investor and partner, the kiosk solution is no longer just the domain of the corporate behemoths of the restaurant industry.

“I’m of the opinion that you can’t afford to ignore this technology,” Robert says. “You may think, ‘Well, my restaurant is getting along fine without it,’ and that’s fair, but as you’re getting along fine, consumer behavior and expectations are

ROBERT'S WORLD



Robert shows off the Samsung kiosk powered by the GRUBBRR software that handles ordering and payment. “The kiosk never calls in sick,” Robert says. “And it never forgets to upsell and offer additional sides and dessert.”

changing rapidly. The shift from getting along fine to being drastically behind your competitors, it happens so much faster than you think.”

In a New York City press event to announce the partnership, GRUBBRR Chief Revenue Officer Jarrett Nasca illustrated the key benefits of adopting GRUBBRR kiosks and their proprietary ordering software, which can be customized to any restaurant’s menu.

“Adopting this technology obviously results in huge savings to labor costs, and I think that’s what most people see,” Nasca said. “But what they don’t see is that the kiosk

upsells at every step of the ordering process, offering relevant add-ons for each menu item selected.”

Nasca went on to explain that an associate might forget to upsell different portions of the menu, but even a perfect associate who offers every conceivable upsell cannot compete with the kiosk, which offers mouth-watering high-resolution photos of toppings, sides, and desserts. A customer who declines a verbal offer of a chocolate milk shake might find their will isn’t so fixed when confronted with an enormous image of that shake, with beads of condensation dripping down the side of the cup.

Tempting the customer throughout the ordering process doesn’t just add up in the long run, the difference is immediate and massive, with GRUBBRR kiosks driving the price of the average ticket up 40-50%.

“It won’t take years or even months for the restaurant owner who adopts this tech to see the difference,” Robert says. “It’s immediate.”

Typically, after taking GRUBBRR into their restaurants, the only question owners tend to ask themselves is, “Why didn’t I do this sooner?”

Learn more about GRUBBRR and request at demo at: GRUBBRR.com

SUGAR vs ARTIFICIAL SWEETENERS

A rundown of the pros and cons.

Guest Post By Jennifer Gibbs

Our food environment is, in a word, toxic. There are myriad factors contributing to this—from hormone and antibiotic-laced meat to thousands of preservatives whose long-term effects can't be quantified. For our purposes here, we'll focus just on sugar—which isn't just in candy and soda, but has wormed its way into thousands of other pre-packaged items from bread to condiments. Sugar is seemingly everywhere and in everything. And not only does regular sugar intake [lead to problems such as high cholesterol](#) (yeah, it

even messes with your cholesterol levels) and diabetes, but they also increase blood sugar levels, which in turn results in a peak and then crash in energy, leaving us feeling perpetually tired.

Artificial sweeteners have been developed as an alternative, with the aim of providing sweetness



without the calories. But should we have any concerns about them? What exactly are the pros and cons of using artificial sweeteners in comparison with natural sugars? Let's discuss.

DIFFERENT TYPES OF SUGAR & SWEETENERS

Some of the language around

sugar can be confusing, because more often than not, it's all just called 'sugar'. However, there are several different categories to be aware of:

- Natural sugar. This is found in fruits and vegetables, as well as non-processed carbohydrates like brown rice and whole wheat

SUGAR: PROS & CONS

pasta. It can also be found in dairy products (ie, lactose).

- Refined sugar. This may have started off naturally, but it's been processed so that there's only sugar left, not the rest of the plant. For example, granulated sugar.

- Artificial sweeteners. These are synthetic sugar substitutes, which were primarily designed to make food taste sweeter, but without the calories. They come in a variety of forms, such as saccharin, aspartame, and sucralose.

- Natural sweeteners. These are sweeteners that have come from the natural world, but have gone

through a refinement process to get in the bottle. This includes honey, agave nectar, and molasses.

PROS OF SUGAR

Natural sugars are by far the best for our health. As they're found in fruits and vegetables, eating these items also provides essential nutrients like fibre, vitamins, and minerals. Long-term, consuming natural sugars in moderation can [help reduce the risk of various chronic diseases](#) such as obesity, type 2 diabetes, and cancer.

It's important to also note that sugar does give us energy – while

it's important to control how much we're eating, there's no need to cut it out completely. Eaten in moderation, it can be part of a balanced diet.

PROS OF ARTIFICIAL SWEETENERS

Sugar, natural or refined, can lead to weight gain. Artificial sweeteners were designed to offer the sweet taste without the calories, which may help people who are used to consuming a lot of sugar reduce their intake without cutting it out in one go. Additionally, they don't actually raise the sugar levels in



Drinking sugar-laden drinks may play an outsized role in the obesity epidemic; soda and juice add tons of calories to a diet without providing nutrients or a sense of satiety.

SUGAR: PROS & CONS



Excess sugar consumption can lead to a host of health complications from diabetes to hypertension and obesity.

our blood, meaning that they may be beneficial for avoiding sugar highs and crashes.

CONS OF SUGAR

It's no secret that excessive sugar consumption is bad for us, and can affect many different aspects of our general health and wellbeing. It's been linked to a plethora of different chronic health conditions, including cancer, hypertension, obesity, and depression.

On top of the risks associated with our minds and bodies, sugar consumption can be detrimental to our dental health, as it interacts with the natural bacteria in our mouths to form an acid and accelerate tooth decay. Make sure you're aware of your sugar consumption, and take

the necessary steps to reduce it if necessary, to lower your risk of these serious health complications.

CONS OF ARTIFICIAL SWEETENERS

While these substitutes are often seen as a healthier alternative to sugar, there are [potential risks associated with their consumption](#). Artificial sweeteners have been linked to increased appetite and even disrupted gut bacteria.

Furthermore, certain types of artificial sweeteners such as aspartame have been [associated with headaches](#) (for some people) and dizziness. While more research is needed to fully understand the long-term effects of artificial sweeteners, it is important to try and

reduce your overall consumption.

CONCLUSION

It's really hard to completely cut out artificial sweeteners. They're in so many things that we eat, and the mental health benefits of indulging your sweet tooth now and then can't be underestimated. However, it is important to try and reduce your intake where you can.

If you've got a particularly sweet tooth, then try incorporating foods that contain natural sugar, like dates or peanut butter (made from 100% nuts) spread over apple slices into your diet. Over time, these snacks may give you the sugar hit that you're looking for.

Guest posts may include affiliate links.

PLAYING THE LONG GAME

Why psychological factors play an outsized role in long-term weight loss.

BY GABE RIVERA

We tend to think of weight loss as a strictly physical issue. Too many calories and not enough activity leads to weight gain; reverse this and burn more than you take in, and bingo, you've got weight loss. Though this is true to an extent, the overall issue is much more complicated. Let's think about it for a moment. If one is not satisfied with their body image, couldn't that cause low self-esteem or depression? This can lead toward a downward spiral.

Thus, emotional distress plays a key role in seeking successful treatment. Though you can boost your weight loss goals by improving your psychosocial status and functioning, many who lose significant weight and gain the weight back also experience unwanted psychological symptoms. In fact, it is said that up to 60% of



Further reading: Check out the studies cited in this piece, [The Psychological Burden of Obesity](#) and [Personal Motivation, self-regulation barriers and strategies for weight loss in people with overweight and obesity: a thematic framework analysis](#)

individuals with obesity (or extreme obesity) suffer from psychiatric illness. These statistics are greater than those in the general population. Beyond that, there is a

direct correlation between excess body weight and depression.

For instance, persons with extreme obesity were practically five times more likely to experience an

LONG-TERM WEIGHT LOSS

episode of major depression in the past year compared to individuals who maintain average weight. This is even more prevalent among women, who face more societal pressure to be thin. Furthermore, 33% of bariatric surgery candidates report symptoms during the time of their surgery—and 50% report an overall lifetime depressive state.

Besides these factors, physical pain and other weight-related impairments that affect quality of life, such as disordered eating, may also be contributing reasons for significant depression. And disordered eating is caused by emotional motives, with sufferers struggling with portion sizes and eating frequency, and the most common eating dis-

order among people with obesity is binge-eating. Moreover, about 50% of bariatric surgery participants had a binge-eating disorder.

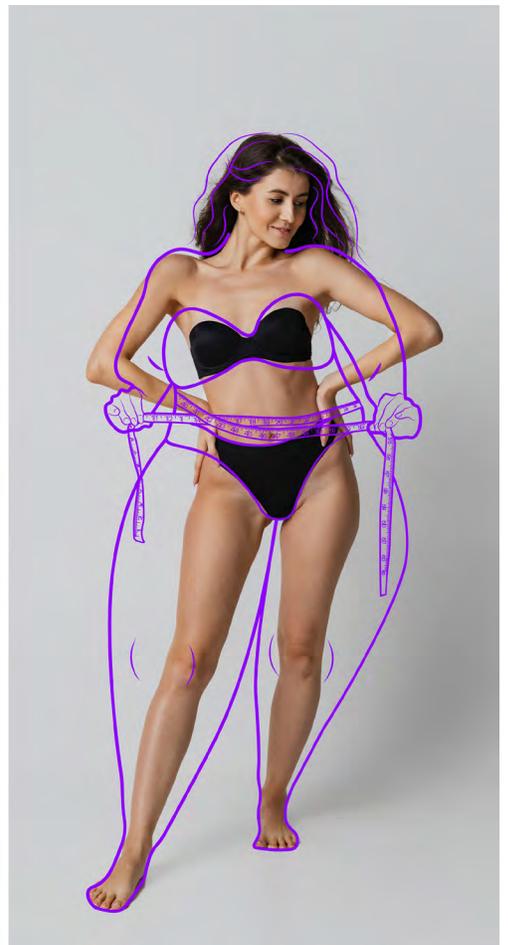
Interventions like surgery aren't enough; lifestyle changes and modification strategies must be implemented for long-term success. Additionally, anxiety also affects individuals with obesity as the fear of being judged pervades every social interaction.

Many obese patients have now turned to mental health treatment to change their eating habits and emotional responses. In fact, 40% of candidates for bariatric surgery report they have been practicing psychotherapy at the time of surgery. In a sad, ironic twist, taking

psychiatric medications can lead to more weight gain.

Many studies show the relationship between increased body weight and a decrease in quality of life. Body image is an important aspect of one's life, and when an overweight individual experiences a poor body image, it will cause them to seek a quick-fix weight loss treatment. Individuals with obesity are less likely to complete high school, not likely to marry, and earn less over their lifetimes compared to people of a healthy weight.

Since this stigma and discrimination are prevalent, individuals often go through a period of despair and cannot seem to be moti-



LONG-TERM WEIGHT LOSS

vated to participate in an exercise program or seek help for healthy eating. Instead, some will look for the easiest way to solve their pain, which can mean getting bariatric surgery. This is not to say bariatric surgery is a bad thing, but when not coupled with more holistic interventions, gaining weight back is more likely to happen.

In addition, there are other barriers for individuals who struggle to lose weight such as habitual overconsumption. This means they have trouble restricting their eating habits.

In a study by Cambridge University where twenty-two overweight participants were involved in a study of why people struggle with motivation and what barriers they were faced with, they said mindful self-discipline was a key factor. One participant said, “I cannot change the habit. If I have temptation, I will go for it.”

But just because it is difficult does not mean it is impossible. (Remember, of course, we don't believe in that word at *RI Magazine*) Strategies that can help are: being mindful of food satisfaction, substituting food items with low-calorie options, and creating a healthy routine.

Another challenge involves a momentary lack of motivation and a sense of control. This involves memories of unsuccessful weight loss attempts. For instance, this could be failed participation in fad diets, workout crazes, and weight loss pills. One participant states: “Acupuncture, protein shakes, then I tried a no carb diet, but nothing works.

At that time I felt quite depressed and there was not much motivation to carry on.”

In addition, these participants have been overweight since they were younger. Additionally, they will get discouraging and judgmental remarks that bring on negative emotions. Another participant stated: “So, whenever I tell my family I must motivate myself not to eat so much, they will say, ‘You sure you can?’ My family can be very demoralizing.”

Furthermore, participants mentioned the importance of having motivational boosters such as having a role model and witnessing health scares or health consequences from others. As you can see, there are many psychological factors that can impact a lack of motivation and weight loss struggles.

Whether it's depression, low self-esteem, depression, overconsumption eating habits, or anxiety, the quick fixes aren't the answer.

Though you may have gone through some tough weight loss experiences---there's hope. For instance, you can't control your unfortunate past weight loss struggles, but you can control things such as what you take into your body, how often you work out, and what guidance you choose to pursue your weight loss goals. In a study with the *Obesity Research Journal*, it revealed several key strategies for weight loss success. The two main lifestyle approaches involved perseverance—never giving up, and taking it day by day. In other words—stick with it, regardless of what your inner mind—or

the mirror—is telling you. The second strategy involved tracking and lifestyle, ie, tracking food intake and recording workouts.

“Don't ever give up,” said one person who succeeded in losing weight and kept it off. You can have a bad day, week, month, or even year, but you can always start where you are and change your own ending. I've had weeks where I've done everything right and still the scale didn't reflect that hard work. Buy my body did. You just have to keep going and keep working hard and it will pay off eventually.”

“You have to get up every day and make a choice to track and eat right. It is going to be difficult, and there will be days that you will fall, but you can get back up and keep moving forward. This is a lifestyle change, not a diet.”

These are important issues in helping you move forward with the appropriate weight loss strategy. In saying that, depression, self-esteem, overconsumption eating habits, and anxiety can be a foregone conclusion.

Tracking your habits and persevering in this journey can result in weight loss happiness. Additionally, if you need extra guidance and don't want to feel alone in this journey, seeking a health coach, personal trainer, or psychologist can always be an option. Now is the time for a positive lifestyle change, and with the right formula, you will succeed.

Gabe Rivera is a certified personal trainer and health coach. Learn more at AtYourSideFitness.com

THE SMILE MAKER

Cosmetic dentist Dr. Bret Davis has a long list of happy customers, including a certain celebrity chef.

Bret Davis loves what he does. Always has. As a flower delivery boy in high school, he loved the feeling of being eagerly welcomed wherever he went, and it inspired him to choose a vocation that might offer similar happy encounters. Today, as a cosmetic dentist practicing at renowned Smile Texas in Sugarland, TX, he only ever gets to see people who want to see him, making for many happy encounters, especially once the work is done.

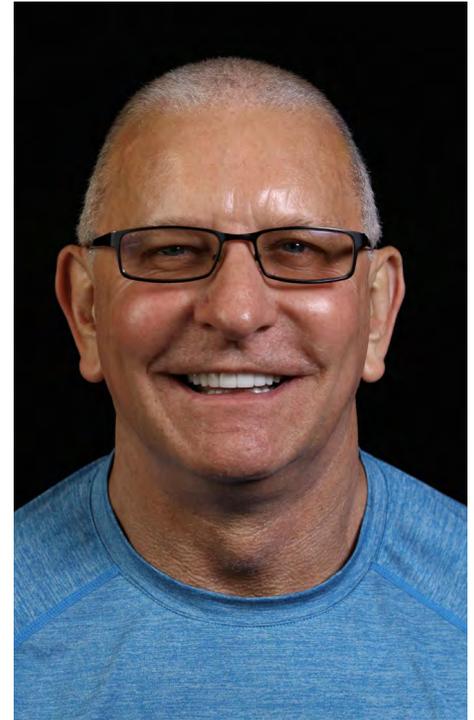
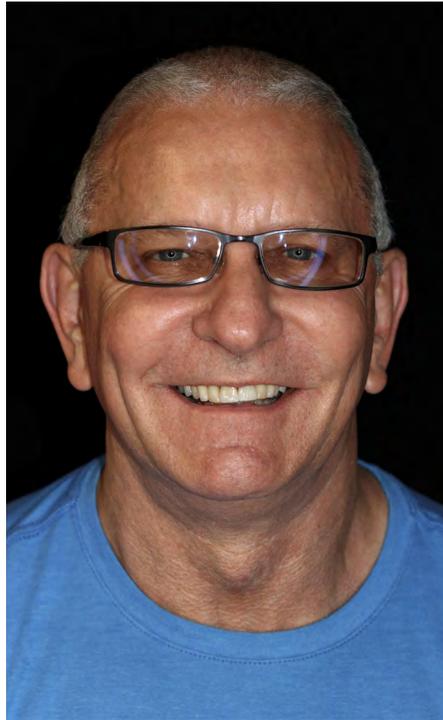
Robert Irvine is one such happy customer.

“He had an uneven, worn out smile that you see with a lot of guys his age,” Dr. Davis explains, “especially with a Type-A aggressive personality where they might be stressed and clenching their teeth—and not have time to take care of it.”

Dr. Davis says treatment involved taking off Robert’s old enamel and replacing it with a brighter, stronger porcelain, as evidenced in the before-and-after photos on this page.

But was Dr. Davis intimidated, or even scared working on a British patient? He laughs at the question, but being of British ancestry himself, admits that a lot of the stereotypes are true and that dentistry or orthodontistry is not a big cultural concern in the British Isles.

Unlike an orthodontist, however, Dr. Davis works faster, and his customers tend to be happier. “You can straighten a tooth, but it might still be yellow, chipped, and misshapen,” he says. “We can fix all those



Left to right: From merely handsome to extremely so.

issues.”

Dr. Davis can even fix “gummy” smiles, reducing the amount of visible gum without affecting the stability of the surrounding teeth. “People who have a gummy smile have an excess of gum, so we’re not disturbing nature,” he explains.

Other services include removing old dentistry, like silver or mercury fillings, and replacing them with materials that look like real teeth.

Or if a naturalistic approach isn’t what you want, you could ask for Dr. Davis to install real diamonds into your veneers, the way he did for one rap producer, and then made a glorious—or cringey—rap about it. [You’ll have to be the judge yourself.](#)

When choosing a cosmetic dentist, Dr. Davis urges prospective customers to go with someone who has a stellar reputation, including trusted word-of-mouth reviews, and a library of compelling before-and-after photos.

Or if you just want to go with Dr. Davis, the man who Robert insists is the best in the world, you should check out SmileTexas.com, which explains the process of getting a consultation, and even lists the best nearby hotels for people who travel to get the work done.

“At the end of the day,” Dr. Davis says, “Everyone who gets this work done wishes they had done it years ago. We always have very happy customers.”

WORDS TO LIVE BY

“In our society, the women who break down barriers are those who ignore limits.”

— Arnold Schwarzenegger

